


Monday	Tuesday	Wednesday	Thursday	Friday
Centers closed For Labor Day Holiday	2 Chicken Cheese Steak On a sub roll w/provolone cheese Lettuce & Tomato Fresh Seasonal Fruit Green Beans Tomato Juice Milk	3 Beef Tips Tamale Pie Tossed Salad Ranch Dressing Mandarin Oranges Corn Corn Tortillas Milk	4 Chicken Ceasar Salad Diced Chicken, Croutons, Ceasar Dressing Whole Wheat Bread White Amish Bean Salad Fresh Pears Grape Juice Milk	5 Pasta & Meat Sauce Wheat Bread Tossed Salad w/Ranch Dressing Apricots Fruit Punch Milk
9 Smoked Ham & Cheese Sandwich on Rye Bread Lettuce & Tomato Copper Pennies Diced Pears Split Pea Soup Pineapple Juice Milk	10 Roast Turkey w/Gravy Whole Wheat Bread Tossed Salad w/Ranch Dressing Mashed Potatoes Green Beans Fruit Cocktail Milk	11 Turkey Combo Lunch Meat on Sub Roll W/Swiss Cheese Lettuce & Tomato Cole Slaw Potato Salad Cranberry Juice Fruit Cocktail Milk	12 Chicken Breast w/Mushroom Gravy White Bread Brown Rice Green Beans Fresh Apple Slices Tomato Juice Milk	13 Hot Dog on a Roll Fresh Cole Slaw Cranberry Juice Fresh Watermelon Milk
16 Cold Sesame Noodles w/Peas & Carrots w/Diced Chicken Whole Wheat Bread Pineapple Tidbits Apple Juice Milk	17 Stuffed Chicken Breast w/Gravy Mashed Potatoes Peas & Onions Roll & Margarine Cherry Pie Pineapple/Orange Juice Milk	18 Turkey Chili Brown Rice Corn Muffin Carrots Tropical Fruit Grape Juice Milk	19 Baked Chicken Drumstick Mashed Potatoes Sweet Peas Fresh Seasonal Fruit Wheat Bread Pineapple Juice Milk	20 Tuna Sub w/American Cheese on Sub Roll Lettuce & Tomato Marinated Cucumber, Tomato & Onion Salad Pineapple Tidbits Split Pea Soup Apple Juice & Milk
23 Meatloaf w/Brown Gravy Wheat Bread Macaroni & Cheese Summer Blend Vegetables Fresh Apple Pineapple Juice Milk	24 Turkey Burger on Whole Wheat Hamburger Roll Lettuce & Tomato Fresh Grape Tomato Potato Salad Diced Pears Apple Juice Milk	25 BBQ Beef On Sandwich Roll Green Beans Scalloped Potatoes Tropical Fruit Pineapple Juice Milk	26 Baked Potato Bar W/Chili Con Carne Shredded Cheddar Cheese & Sour Cream Tossed Salad/Ranch Dressing Applesauce Tomato Juice Milk	27 Chef's Salad w/Tossed Salad, Diced Ham, Hard Boiled Egg, Shredded Cheese, Grape Tomatoes, Cucumber Slices, & Ranch Dressing Fresh Apple Slice Orange Juice & Milk
30 Baked Chicken Breast Parmesan Ziti Noodles in Garlic Sauce Green Beans Whole Grain Wheat Bread Cold Blueberry/Pear Crisp Grape Juice Milk	 <h1>SEPTEMBER 2013</h1> <h2>Senior Center Menu</h2>			